

Twin Pines Activity Kit

This is Kit #10
Hispanic Heritage month edition.



Parks & Recreation
30 Twin Pines Lane
Belmont, CA
650-595-7441
www.belmont.gov/parksandrec



20 Twin Pines Lane
Belmont, CA
650-595-7444
www.belmont.gov/adults

“Enhancing the quality of life for the community.”

WOULD YOU LIKE TO STOP RECEIVING THIS KIT? CALL 595-7444.

SEPTEMBER 15 - OCTOBER 15 IS HISPANIC HERITAGE MONTH

National Hispanic Heritage Month is a period from 15 September to 15 October in the United States for recognizing the contributions and influence of Hispanic Americans to the history, culture, and achievements of the United States. September 15 was chosen as the starting point for the commemoration because it is the anniversary of independence of five Hispanic countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua, who all declared independence in 1821. In addition, Mexico, Chile and Belize celebrate their independence days on September 16, September 18, and September 21 respectively.

FLU SHOTS

Sponsored by San Carlos Walgreens

- By appointment only
- No early birds, please wait inside your car until your appointment time
- Please observe all social distancing and wear a face covering at all times.
- Call 595-7444 for an appointment
- Wednesday, October 7
- 1:30-3:30pm



NEW GUN ORDINANCE IN BELMONT

In August, the City of Belmont passed a revised Ordinance requiring the safe storage of any firearms which reads:

(a) Except when carried on the person (with a permit), no person shall keep a firearm in any residence unless the firearm is stored in a locked container or is disabled with a trigger lock.

Safe Firearms Disposal

If you would rather not have to worry about any kind of firearms that is currently in your residence and may be accidentally found by a grandchild, relative, or even during a house burglary, the Belmont Police Department can take them safely off your hands and schedule them for destruction.

For Belmont residents, there are two ways to go about it (non-residents need to call their local Police Dept.)

At City Hall PD

- Call 595-7400 to make an appointment.
- Place items in the trunk of your car. (Pick-up trucks: place them behind the seats but **not** in the truck bed).
- Keep items in the case or box it came in, otherwise, inside a bag or case.
- Keep ammunition separate.
- On arrival: Leave items in the vehicle. An officer will come out to retrieve them after you inform them of your arrival.

If you do not drive:

- Leave items where they are.
- Call to make an appointment.
- On officer's arrival: Inform them whether you know (or don't know) if weapons are loaded or unloaded.
- Show them where they are, and the officer will handle the firearms themselves
- Important: Please call to reschedule if you will no longer be able to keep your appointment, as their time is very limited.

LAUGHTER IS THE BEST MEDICINE

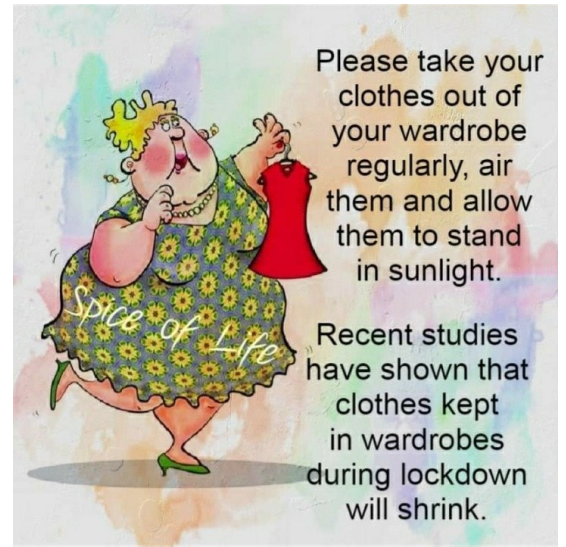
"I need to get out of the bed, or I'm going to be late for the couch.

Stepped on my scale this morning and it said: Please use social distancing, one person at a time.

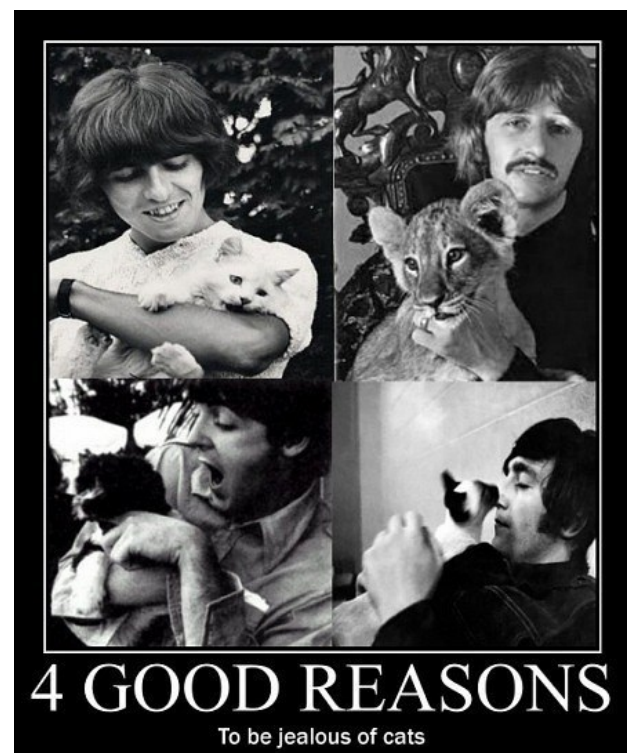


***WARNING*
WEAR YOUR MASK
AT HOME.
THIS IS NOT TO
AVOID THE VIRUS,
ITS TO AVOID THE
CONSTANT
EATING. 🤪🤪**

*Husband and I went grocery shopping with masks, got home, took off mask, brought home wrong husband!
Stay alert people!*



My husband walked into our closet to find me drinking a large coffee and eating a doughnut in the dark. He said, "Do the kids know you are in here?" To which I replied, "Welcome to the teacher's lounge."



COOK'S CORNER: Hispanic Heritage Month

ANDREA'S FRESH GUACAMOLE



INGREDIENTS

- ☐ 4-6 avocados (4 if they are large, 6 if they are small)
- ☐ Cilantro*
- ☐ 1/2 Fresh lime
- ☐ 1/2 Purple onion
- ☐ 1 roma tomato (you can substitute)
- ☐ Salt
- ☐ Garlic powder (optional)
- ☐ Tortilla Chips (not "Corn Chips")

DIRECTIONS:

- In a small bowl, add finely-chopped cilantro leaves, enough for a small handful. Add 1 diced roma tomato, and 1/2 purple onion in fine pieces. You can substitute the tomato, but roma has lower water content. You can substitute for white onion, but purple adds pretty color.
- Cut avocados carefully in half (length-wise), scoop the meat out with a large spoon into a large bowl. Keep 1 whole seed off to the side, throw away the rest and the peels. Mash the avocados to a smooth consistency. A fork or potato masher works fine.
- Add the chopped cilantro and vegetables to the large bowl. Add 1/2 fresh lime juice (must be fresh!), minimum 2 pinches of salt (or to taste). Add 1 avocado seed (whole). Add 1 pinch garlic powder if preferred. Mix it well.
- For best taste, cover bowl with saran wrap and leave in the fridge for at least 1 hour. The flavors will blend better and the onion will be less strong.
- Don't worry if the top layer of the guacamole gets brown (oxidization), it is still edible and you can mix the guacamole to make it look bright green again.
- Tortilla chips, rather than corn chips, are cut and fried tortillas, the original Mexican 'chips'. Most Mexican supermarkets carry them but you can always substitute with corn chips. Do you prefer it spicy? Andrea loves guacamole with "Rancheritos" chips for that extra kick of flavors.

DID YOU KNOW-

- * Do you dislike cilantro? Andrea also hates cilantro in any of her foods, except guacamole. The guacamole will never taste quite as good without it.
- * Mexicans swear by the seed in the guacamole, saying it helps keep it fresher longer. What is definitely true is that fresh lime juice will help slow down oxidization.



HISPANIC HERITAGE MONTH TRIVIA

September 16 is also Mexico's Independence Day! The following trivia will quiz you on surprising inventions and foods that originated in Mexico. Circle any that apply.

Mexico has the most species of _____ in the world.

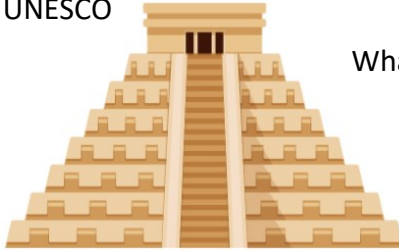
- Mammals
- Fish
- Reptiles
- Birds

Which of these originally come from México.

- Peanuts
- Sweet Potato
- Guava

Mexico ranks _____ for amount of UNESCO World Heritage Sites.

- 1st
- 7th
- 20th
- 27th



Which of these is originally from México?

- Peppers
- Tomatoes
- Pineapple
- Kiwi

Mexico ranks _____ in the world for the number of different mammal species.

- 1st
- 2nd
- 3rd
- 4th



Do you enjoy watching movies? You have a Mexican engineer to thank for that. What did he invent?

- Movie Theaters
- Movies with sound
- The TV
- Color TV

Like the prickly pear, cactus leaves are also edible.

True

False



Which of these are originally from México?

- Cumin
- Cilantro
- Chocolate
- Vanilla

Mexico ranks _____ for the number of different flora.

- 1st
- 2nd
- 3rd
- 4th



What is Mexico's official sport?

- Bullfighting
- Rooster Fighting
- Cliff Diving
- Charrería (Mexican rodeo)

During the 1986 Summer Olympics in Mexico City, the world saw something that had never been seen before internationally. What was it?

- A retractable ceiling
- The 'Mexican wave'
- Tacos sold to spectators
- Churros instead of hot dogs

Mexico ranks _____ for the number of different amphibian species.

- 1st
- 2nd
- 3rd
- 4th



Mexico ranks _____ in the world for its natural biodiversity.

- 1st
- 4th
- 8th
- 16th

DID YOU KNOW?

Every state in Mexico has a unique official traditional dress, which are usually displayed during traditional folkloric dances. Each state has even more regional variations.



Sonora



Nuevo León



Tamaulipas



Jalisco



Puebla



San Luis Potosí



Hidalgo



Oaxaca



Veracruz



Chiapas



Yucatán

DID YOU KNOW?

Pet Peeves: Andrea's Tips on How To Spot an Authentic Mexican Restaurant.

An "authentic Mexican restaurant" is *not* authentic if it:

1. Uses yellow cheese. This ain't no Taco Bell!

We only use white varieties that were come from Spain or Mexico— Cotija, Manchego, Oaxaca, etc

2. Features burritos prominently on their menu.

Did you know? It's actually one of the least common foods in Mexico.

3. You find lettuce, guacamole, whole beans, or rice inside their burritos.

Like Cornish pasties, burritos were originally created as the cheapest, easiest meals for mine workers. Typical burritos are just refried beans wrapped in a flour tortilla. Or if you were better off, stewed meat. Adding whole beans is just lazy. And adding a grain to another grain (like rice inside a tortilla) just doesn't make sense!

4. Uses "hard shell tacos".

Hard shell tacos were created by Glen Bell, the founder of Taco-Bell, who saw the Mexican restaurant across the street from his hot-dog stand was doing much better than him, so he tried to recreate their recipe. Typical hard-shell tacos are corn tortillas that are baked into to a hard crunch. "Tacos dorados" (Golden tacos), on the other hand, are stuffed tacos that are deep-fried in oil to get that crunchy feel. Can you guess which one tastes yummier?

5. It calls chopped veggies and/or fruits as "salsa".

Salsa translates as 'sauce', so by definition, it is a liquid. The rest is closer to a 'chutney' than it is salsa. The typical add-on of chopped onions, tomatoes and cilantro is actually called a 'pico de gallo' (Rooster's Peck)



6. Serves "chimichangas" or "pupusas"

Chimichangas are deep-fried burritos and Tex-Mex inventions. Pupusas are stuffed thick griddle cakes made with cornmeal or rice flour, originally from El Salvador. Ours are made with maize flour and are called "gorditas" ("little fatties"). Cute, huh?

If you see any of the above, a more precise denomination of these restaurants is "Tex-Mex" restaurants. Tex-Mex is it's own cuisine with a blend of American and Mexican flavors. California has it's own breed of 'Mexi-Cali' cuisine.

Usually involving a lot of avocado.

A "Authentic Mexican Restaurant" is authentic if it:

1. Serves more than just burritos, tacos, or quesadillas!



2. Serves a minimum of 3 house-made salsas with *tortilla* chips (not brand corn chips) at every table.

In México, even the tiniest street-corner taco stand has their own home-made salsa. No self-respecting establishment would be caught dead without it.

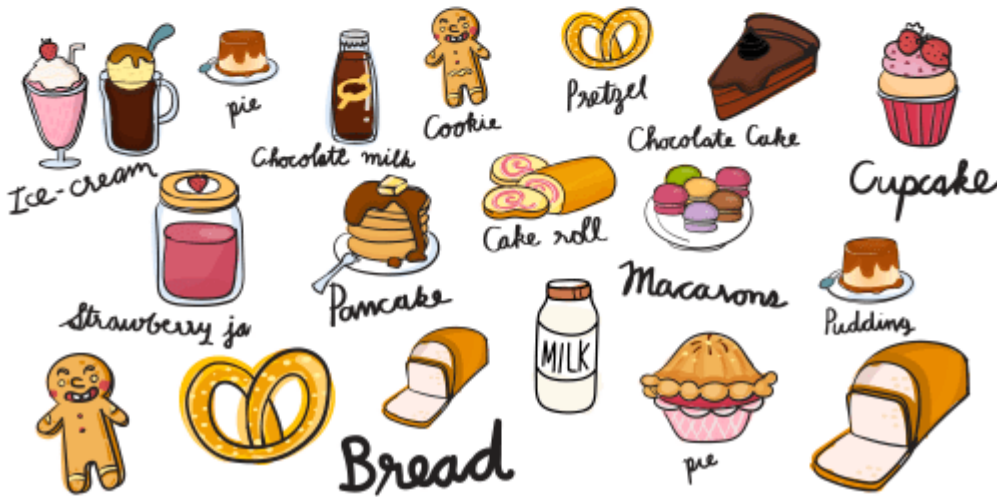
3. Serves 'Green' enchiladas stuffed with chicken, topped with green salsa and sour cream, and 'Red' enchiladas stuffed with cheese, potatoes, and topped with spicy red salsa and white cheese. No other combination!

4. Makes 'agua fresca' - a fresh fruit water, especially hibiscus, tamarind, or guava!



BRAIN TEASERS

Spot the differences. There are 7



LICENSE PLATE IDEAS

If you were to see a license plate with these letters and numbers, can you figure out what they're trying to say?

CU8TR

1. (three words)

URGR8

4. (three words)

LDYNLV

7. (three words)

JTSKER

10. (two words)

UR2FUNE

2. (four words)

ICUR2YS

5. (six words)

ONIML8

8. (four words)

URAQT

11. (four words)

TMBOLVR

3. (two words, think of a fruit)

CABE4U

6. (three words, need a ride?)

BNKTLR

9. (two words)

RESQME

12. (two words)

BRAIN TEASERS

WORD SANDWICHES: The body

Find the filling in the word sandwich - a word which will go with both of the given words. For example:

lady-finger-food. Here's a hint - each missing word is a 3-letter body part.

- | | | |
|---------------------|----------------------|----------------------|
| 1. Boot_____iron? | 5. Glue_____wig? | 8. Lock_____breaker? |
| 2. Side_____chair? | 6. Hare_____service? | 9. Bubble_____shoe? |
| 3. Rose_____pocket? | 7. Tip_____jam? | 10. Spare_____eye? |
| 4. Shut_____sore? | | |

Answers: 1. Leg. Bootleg refers to the making or selling of an illegal product, typically alcohol or music. A leg-iron is a device fixed to the ankle for restraining a prisoner. 2. Arm 3. Hip. A rose-hip is the fruit, or seed-bearing part, of a rose. A hip pocket is literally a pocket on the hip or on the back of a pair of trousers where a wallet is kept. As an adjective, hip-pocket often refers to matters concerned with money. 4. Eye 5. Ear. Glue ear is common terminology for a medical condition where thick glue-like fluid accumulates in the middle ear as a result of infection (otitis media). An earwig is an insect. To "earwig" is a slang term meaning to eavesdrop on a conversation. 6. Lip. A hare-lip, also known as a cleft lip, is a deformity of the upper lip. Lip-service refers to insincerity, usually when someone professes agreement or a particular point of view, but fails to back it up with action. 7. Toe 8. Jaw. Lockjaw is a common term for the disease tetanus. Jaw-breaker is a slang term for a large, hard sweet or candy, also known as a gob-stopper. 9. Gum. Bubble-gum is a special type of chewing gum that can be blown into bubbles. It was invented in 1858 by an American, Walter E. Diemer. It may also refer to a genre of music. Gum-shoe is a waterproof overshoe and a slang term for a detective. 10. Rib

WORD SANDWICHES: Creature Feature

Find the word that matches the other two, in either direction. Example: Cool_____box = cat Good Luck

- | | |
|---|---|
| 1. Blue_____hoppers
(Strummin and pickin and hoppin' five letters) | 7. Hound's_____ache
(5 letters, check print, ouch) |
| 2. Fire_____swatter
(3 letters, essential item for drosophila annihilating) | 8. Sting_____Bans
(3 letters, aquatic creature, fancy shades) |
| 3. Cat's_____lashes
(3 letters, marble and what you flutter) | 9. Buck_____ball
(3 letters, Ohio's emblem and ocular) |
| 4. Pig_____tone
(4, US football term for something you throw around) | 10. Monkey's_____Sam
(5 letters, well I'll be a..red, white and blue) |
| 5. Lion's_____mother
(3 letters, scouting term) | 11. Jitter_____spray
(3 letters, dance you do, a repellent) |
| 6. Grizzly_____hug
(4 letters, you wouldn't want this from this guy) | 12. Cheshire_____nap
(3 letters, smiling feline, bit of a rest) |

Answers: 1. Grass 2. Fly 3. Eye 4. Skin 5. Den 6. Bear 7. Tooth 8. Ray 9. Eye 10. Uncle 11. Bug 12. Cat

Mexican Trivia Answers

- 1. Reptiles:** Mexico has 707 known species of reptiles, the most in any other country.
- 2. Sweet Potatoes and Guava.** Not to be confused with yams, sweet potatoes are an entirely different root vegetable, and not closely related to the regular potato. It belongs to the Morning Glory family. In Mexico, it's cooked in sugar and crystalized to make 'camote'. Although the Guava is native to Mexico, India is the largest producer in the world, and it is Pakistan's national winter fruit. Peanuts are originally from South America (Bolivia & Argentina), with China now being the top producer (38%). Did you know it's actually a legume, not a nut? It grows underground rather than on a tree. We also know them (and give nicknames to people) as 'goober'.
- 3. 7th in UNESCO World Heritage Sites.** 35 sites are recognized by UNESCO including the archaeological zone of Monte Albán (Oaxaca); the pre-Hispanic cities of Teotihuacan (State of Mexico), Xochimilco (Mexico City); the historic fortified city of Campeche (Campeche); the whale sanctuary of El Vizcaíno (Baja California Sur); and the Luis Barragán house and studio. There are also 9 traditions considered Intangible Cultural Heritage of Mexico, among them Indigenous festivals dedicated to the dead, the ceremony of the Flying Dancers, the traditional song of the P'urhépechas, traditional Mexican cuisine, the Mariachi, and charrería.
- 4. Peppers and Tomatoes.** All species of peppers, weather bell peppers, sweet peppers, and spicy peppers, originated from Mexico. Indian and Asian cuisines introduced peppers to their food only after the Spanish brought it back to the Old World and beyond. *Tomatl*, the native Nahuatl word for tomato, is the original name. They were unknown in Europe until the 16th century. Give Italy a couple-hundred years and they developed fantastic varieties and recipes that we now know and love. Pizza sauce, anyone?
- 5. 2nd in the world for number of mammals.** It has 438 known native mammal species.
- 6. Color TV.** Although mechanical versions already existed, Guillermo González Camarena had already perfected a fully electronic color system in the late 1930s, that the Columbia College of Chicago considered the 'best in the world'. He patented it in 1940, and other American versions were patented soon after.
- 7. True.** The fruit of the cactus plant called 'Nopal' is the prickly pear, which has a sweet, watermelon-like flavor and texture. There's even a famous traditional Mexican song called "I Should Eat That Prickly Pear". The leaves, or pads, are highly nutritious both raw and cooked and contain 20% of the Daily Value of dietary mineral manganese, and is a good source of vitamin C (13% DV), magnesium (11% DV) and calcium (14% DV), with nutrient content improving as the plant matures.
- 8. Chocolate and Vanilla.** Although cumin and cilantro feature prominently in Mexican cuisine, the cacao plant and vanilla plant originated in the Mexican tropics. Because countries like Ghana, Indonesia and Madagascar have similar climates, the cacao and vanilla plants have thrived in these areas. For the cacao beans, the unique soil components of each country give their own crops unique flavor elements, which connoisseurs appreciate much like wine!
- 9. 4th in the world for number of different flora,** with 26,000 documented native species.
- 10. Charrería (Mexican Rodeo).** Although the other sports are well known in México, Charrería (Mexican Rodeo) evolved from the traditions brought from Spain in the 16th century. The first charreadas were ranch work competitions between haciendas, consisting of competitions involving horses, cattle, or both. Today, competing charros often came from families with a tradition of Charrería, and teams today are often made up from extended families who have been performing for up to five generations.
- 11. The 'Mexican Wave'.** A stadium wave was first invented by 'Krazy' George Henderson in 1981 for the Oakland A's against the New York Yankees, but was seen internationally for the first time in Mexico City, hence the name.
- 12. 4th in the world for number of amphibians,** with 290 different species.
- 13. 4th in the world for natural biodiversity.** It is one of the 17 megadiverse countries. With over 200,000 different species, Mexico is home of 10–12% of the world's biodiversity.

License Plate Answers: 1. See you later 2. You are too funny 3. Tomato lover 4. You are great 5. I see you are too wise 6. Cabby for you? 7. Lady in love 8. Oh no, I'm late 9. Bank teller 10. Jet skier 11. You are a cutie 12. Rescue Me